

# You're The One Newsletter

SAVOUR THE MUNDANE! Issue 4 Vol 16 April 2024

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## COMING SOON TO THIS SPACE!

2024- Mojo Classes  
2024 - Best Year Workshops  
2024 - Webinars  
2024 - New Products  
2024 - 1 on 1 Life Coaching  
And more....

## Quick Links...

Our Website  
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## What's New With Karen

Welcome to April 2024! I hope all enjoyed a wonderful time over Easter, and a chance for 4days of time out from busy work schedules and other life routines. It's also School Holiday time with our Airports being at their peaks. How exciting for those heading off to yonder shores? This got me thinking about our lives. Obviously, holidays are exciting and treasured from the moment we book until the experience, and then the afterglow of our holiday memories. However, as we know, we usually return to the daily routines of our lives. Not all life is filled with highs, and there are many moments where our days are filled with our daily routines. However, there is some beauty that we can also find in those moments of the mundane. We can take pleasure, and use these times as meditative and mindful spaces, where we process thoughts beyond the surface. We can take pleasure and apply finesse to even the most boring of tasks. We can mop/sweep our floors with the elegance and grace of a Ballet Dancer, just like Mao's Last Dancer. We can do our budgeting paperwork with the artistry and precision of a Picasso. We can set our tables for Dinner like we are dining out at a French Cafe on the Riviera. For most of us, our lives are filled with the valleys before we get to the peaks. When we are in these valleys (ie saving for the next wonderful holiday), we can still beautify these moments, and savour the details along the way. The Japanese have a term for living like this: **Komorebi (meaning) 'the shimmering light through the trees.'** And before you know it, you will be at the airport ready for take off for that new destination that you have been saving for! Heading for the Sun! Savour the details along the way! Love Karen XXX

LET US NOT BECOME WEARY IN DOING GOOD FOR AT THE  
PROPER TIME WE WILL REAP A HARVEST IF WE DO NOT  
GIVE UP.

*"Komorebi is the Japanese word for sunlight, which is filtered through the leaves of the trees. In particular, it means visible light rays. Komorebi is composed of several parts of the word: Ko means trees."*

-Japanese Concept - Komorebi-

Yours sincerely,

karen vella

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MOTHER TERESA QUOTE  
Love Karen at YTO Life Coaching



*Wash the Plate Not Because It is Dirty.*

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***Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.***

**Offer Expires: 30th April 2024**

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